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LADY GAGA
BACK WITH
HER OLD
BOYFRIEND
{page 15}

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See pullout in today's paper

CALGARY
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Tuesday, June 21, 2011
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News worth sharing.

Postal. Strike.



► Canada Post workers in Calgary could be forced back on the job.

Back-to-work legislation tabled

Calgary CUPW members weren't pleased to hear about back-to-work legislation proposed by the federal government. See story, page 6.

Wounded troop set to aim high

► Calgary's Mark Fuchko lost his legs below the knee after driving over an explosive device ► Money raised from his Mount Kilimanjaro climb will go toward orthopedic surgery



JEREMY NOLAÏS
@METRONEWS.CA

Reaching Africa's highest peak is difficult enough. Doing so without use of your own legs is a challenge few would dare attempt.

But 26-year-old Calgary soldier Mark Fuchko is used to taking adversity head on.

"He's pretty determined, slightly stubborn," chuckled his father, Jack Fuchko. "He's climbed lots of mountains. This is just another one."

Jack's comments refer to years of difficult rehabilitation Mark has been forced to endure after suffering critical injuries on duty in Afghanistan's Kandahar province. He lost both legs in March 2008 but began walking again before the year was out.

Fuchko's focus now is on aiding others in similar situations. He and other participants on the Kilimanjaro climb hope to raise

\$575,000 to purchase a computerized navigation system for the Orthopedic Surgery Centre at Edmonton's Royal Alexandra Hospital.

Fuchko said he initially believed losing his legs was a "death sentence."

"There were some really hard days," he said. "You come from this high level of activity ... and then you are in a wheelchair and just going to the bathroom is a challenge."

Fuchko credits much of his recovery to "overwhelming" support from family and fellow soldiers.

On the climb, he will be joined by three fellow Canadian Forces members. The group plans to set off Aug. 8 and climb six hours a day in order to summit Kilimanjaro five days later.

"It's going to be a challenge, for sure," Fuchko said. "I think I have got the tools and the support network to succeed."



► Mark Fuchko

Long climb ahead

► **Summit.** Climbers cover about 5,802 metres before reaching the summit of Mount Kilimanjaro.

► **Donations.** For more information on the Kilimanjaro climb or to donate, visit kilimanjaro.royalalex.org.

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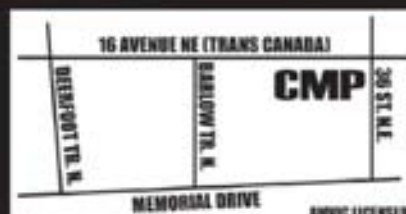
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Council mulls suite plebiscite

Looks like secondary suites will take the same road as the fluoride debate.

Rather than moving forward with one of three options for public consultation put forward by administration, Ald. John Mar suggested the city conduct a secondary-suites plebiscite during

the 2013 municipal election.

Aldermen voted 8-5 in favour of asking administration to come back to council in September with a report on the costs and legal implications of conducting a secondary-suite plebiscite.

Ald. Gian-Carlo Carra said that, because mem-

bers of council already have their own opinions on the issue, any form of public consultation would be a waste of time and resources.

"If we do any extensive survey, are any of us really going to change our minds?" he asked his colleagues.

● KATIE TURNER



► Calgary aldermen will have administration look into a possible secondary suite plebiscite..

Gorilla busting moves at zoo

► Ape's water play quickly becoming online sensation ► Quick spins and flashy footwork part of repertoire



JEREMY NOLAIS
@METRONEWS.CA

He's a groovy gorilla, an ape that knows how to shake it.

As reported yesterday on metronews.ca/calgary, more than 15,000 people have viewed the dancing antics of Zola, an eight-year-old Western Lowland gorilla at the Calgary Zoo, on YouTube.

When Zola was shipped to Calgary two years ago, senior zookeeper Garth Irvine was told he liked to splash around.

"He's way more talented than I am," Irvine said with a laugh. "But he's got all day to practice."

The zoo has put the spotlight on the gorilla's present plight for May and June. Statistics released in 2008 suggest 100,000 Western Lowland gorillas were alive in the world; however, that number is rapidly declining.

Primate pals

- Zola and three other young gorillas were moved here from the Bronx Zoo two years ago.
- There are eight Western Lowland gorillas living at the Calgary Zoo.

Staff are hopeful Zola's skills will continue to draw attention to threats facing his species.

The video was a big hit online yesterday among Metro readers.

"Cute!" wrote @clvergirl on Twitter.

"I love it! Awww," added Rad Printing on Facebook.

Irvine plans to shoot videos of the other gorillas playing in the weeks ahead — someday he could end up with a whole dancing troupe.

"It's so much fun to watch," he said. "Hopefully it will be as good or even more spectacular."



► Zola may look like a tame ape in this photo, but video evidence of his dance skills suggests otherwise.

Two men charged in 'bizarre' incident

Two men are facing charges after allegedly dropping what witnesses described as homemade "firebombs" from an apartment balcony.

A witness called police just before 9 p.m. Sunday and described two individuals filling bags with

propane, setting them ablaze with a candle and dropping them from a 10th-storey balcony. Duty Insp. Paul Stacey described the alleged activity as "bizarre."

"They could have blown themselves up," he said.

● JEREMY NOLAIS



► Police surrounded the building late Sunday.

News in brief

Reservoir safe to reopen

The Glenmore Reservoir has been reopened for recreational use as the city's weather begins to stabilize. Over the weekend, the city inspected the reservoir and removed debris and hazards. ● METRO

Firefighters to honour volunteer

The Calgary Fire Department is planning to recognize Matthew Robson, who rescued a motorist Sunday after the victim's car went over an embankment. Robson, a volunteer firefighter in Okotoks, will receive a commendation. ● METRO

1
news



A new report details economic costs of obesity, and how people can fight it.

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Paper money will soon be more plastic in your wallet as new bills roll out. Video at metronews.ca

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Noise-gauging gadget hits snag at council

► City may only issue warning tickets to vehicles this summer ► Clinics to be held for those who want to use the technology to test noise levels

TODD VAUGHAN/METRO



► City council had to take their hands off the throttle for the use of a new device to track vehicle noise.

KATIE TURNER
@METRONEWS.CA

The city's existing noise bylaw will not be altered until next month, even though the majority of council members backed a new technology to test vehicle noise levels.

Ald. John Mar said the bylaw needs to be amended in order to proceed with using Noise Snare — a technology that pairs

decibel readings with video, and which has been offered at no charge to council.

"We're not trying to come after people with a fine. What we're trying to do is make Calgary a safe and quiet and enjoyable place for all parties," Mar said.

However, Ald. Andre Chabot voted against the amendment, arguing council is being too hasty in changing the bylaw

without the guarantee the technology works.

"For them to make a decision on something they don't have a full understanding of, I think, is immature."

Ald. Gian-Carlo Carra said this is something Calgarians have been asking for and called Chabot's move to postpone the bylaw amendment a "protest vote."

"As far as why he did that and what his actual

Street noise

► The proposed amendment to the noise bylaw would require all vehicles to be below 96 decibels while travelling.

► Emergency vehicles would be exempt from this bylaw.

reasons were for not fast-tracking the test is beyond me."

Slave Lake fire chief thanks supporters

JEREMY NOLAIS/METRO

Little more than a month after wildfires gutted Slave Lake, the town's fire chief stopped in Calgary yesterday to thank local firefighters and city council for stepping in to help.

Hundreds of Calgary firefighters — most off-duty at the time — volunteered to help with efforts in the northern Alberta town and shipped out the morning af-



► Slave Lake Fire Chief Jamie Coutts.

ter fire broke out May 15.

Slave Lake Fire Chief Jamie Coutts said he wanted to come by and personally thank dozens of new friends.

"I know how those people in Extreme Makeover: Home Edition feel," he told city council. "You just can't find the words to say enough, to say thank you."

● JEREMY NOLAIS

250

In all, 250 Calgary firefighters assisted with recovery efforts in Slave Lake — the largest manpower contribution of any Alberta municipality.

Tap-and-ride transit card needs naming

Calgary Transit is requesting some creative suggestions in naming the upcoming electronic fare-payment card.

Beginning in June 2012, transit will be releasing an electronic card that will allow users to load cash on their cards online rather than digging for change when boarding trains and buses.

Submissions for name suggestions will be accepted from June 20 to midnight on July 3.

The winner of the contest will receive six months of free transit, and all entrants will be entered



into a draw for one of 10 prizes of one free month of transit.

More information on the contest can be found at calgarytransit.com/nameit.

● METRO

VANCOUVER RIOTS

Calgarian charged in Stanley Cup riot probe

Police have arrested 117 people in relation to the riots that broke out in Vancouver last week, including one Calgary man who has officially been charged.

Joshua Lyle Evans, 27, is reportedly

charged with possession of a weapon dangerous to public peace.

Evans, along with a man from Burnaby, were both charged after two stabbings took place following last Wednesday's Stanley Cup hockey game.

Six other men may be facing charges for various offences and police have said more arrests will be made as investigators go through the tips they have received from the public.

● METRO

U of C study examines merits of bodychecking

A new University of Calgary study shows no difference in overall injuries in elite bantam hockey players, whether bodychecking is introduced at the pee-wee or the bantam level — with one exception.

It found that introducing bodychecking for pee-wees, when kids are 11 and 12, was associated with a lower risk of serious injuries when they graduated to the bantam level when kids are 13 and 14.

THE CANADIAN PRESS

Inmate who died at Bowden identified

An inmate who died after being found injured in his cell at a central Alberta prison has been identified.

David Tung Louie, who was 38, was found in his cell at Bowden Institution on the weekend, suffering from critical injuries. He was rushed to hospital in Innisfail, where he later died.

Prison spokesperson Rita Wehrle says the institution is under an indefinite lockdown and the prison was stable yesterday. THE CANADIAN PRESS

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Tories table bill to end postal dispute

The Conservative government decided to play referee on the dispute between Canada Post and its locked-out workers yesterday, but one side is already crying foul.

The Tories introduced

back-to-work legislation to force the resumption of postal services across the country, but included in the bill are wages that are even less than what Canada Post was offering employees, the Canadian Union of Postal Workers said.

Labour Minister Lisa Raitt said that the wages were reflective of the agreement the federal government has with its own unions.

THE CANADIAN PRESS

Working to better mental health

Mental illness in the workplace is a huge issue hiding in plain sight, a situation made clear in a report released yesterday by the Conference Board of Canada.

The report, Building Mentally Healthy Workplaces, is based on a national survey of more than 1,000 employees — including almost 500 front-line managers, with follow-up

interviews for some. The findings bookend a new initiative by the Mental Health Commission of Canada to establish national standards for psychologically healthy workplaces.

"When it comes to mental health, misinformation, fear and prejudice remain far too prevalent," the Conference Board report says. "It is time for a

change."

The report says that in 2009-10, "78 per cent of short-term disability claims and 67 per cent of long-term disability claims in Canada were related to mental-health issues."

The Conference Board found that 12 per cent of its survey respondents were currently experiencing mental-health issues.

THE CANADIAN PRESS

Western premiers eye Asian and U.S. markets

Most of Canada's western premiers spent the first day of their annual meeting in Yellowknife talking about the importance of Asian and U.S. markets, Northwest Territories Premier Floyd Roland said in a conference call late yesterday.

Roland said the prosperity of Western Canada is dependent on efficient trade with the United States and Asia, including China and India.

Roland said that one in four jobs in Western Canada is directly supported by international exports.

THE CANADIAN PRESS

Girl forced to wear bomb vest: Police

ROHULLAH SHAKIR/THE ASSOCIATED PRESS

► Pakistani authorities say suicide-bomb vest contained nearly nine kilograms of explosives

Police said yesterday that militants kidnapped a nine-year-old girl on her way to school and forced her to wear a suicide-bomb vest. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed, who is in Grade 3, said she was abducted near her home in the northwestern city of Peshawar on Saturday and taken to Lower Dir district, a four hours' drive away.

Police in Lower Dir presented Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of

Rare move

► Militants in Pakistan have often used young boys to carry out attacks, but the use of young girls is rare.

security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

Lower Dir police chief Salim Marwat said the suicide vest seemed designed to be detonated remotely.

The kidnappers brought the girl to a checkpoint run by the paramilitary Frontier Corps located about 10 kilometres outside Timergarah, he said. When they got out of the car, she sprinted toward the para-



► Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference in Lower Dir in Timergarah, Pakistan, yesterday.

military soldiers to show them what she was wearing, he said.

By the time the paramilitary soldiers realized what was happening, the

kidnappers had escaped, said Marwat. Police have launched a search operation to find them, he said.

It's unclear why the kidnappers didn't detonate

the suicide bomb after Jawed ran away.

Marwat suggested they may have simply panicked and fled.

THE ASSOCIATED PRESS

44 die in plane crash: Officials

A passenger jet crashed in heavy fog and burst into flames late yesterday on a highway in northwestern Russia, just short of a runway whose high-intensity lights had failed, killing 44 people, officials said. Eight people survived the crash.

The Tu-134 plane, belonging to the RusAir airline, was en route from Moscow to the city of Petrozavodsk, an Emergencies Ministry spokeswoman, Oksana Semyonova, told The Associated Press.

Eight survivors, including a 10-year-old boy and a female flight attendant, were hospitalized in critical condition in Petrozavodsk.

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Communities under water

- Saskatchewan floods force hundreds to evacuate
- Precautionary boil-water advisory in city of Weyburn

Communities across soggy southeastern Saskatchewan are dealing with displaced residents, sewage-flooded basements and suspect drinking water — the unwanted byproducts of days of rain that has overwhelmed rivers and swollen reservoirs.

The Saskatchewan Watershed Authority yesterday predicted that levels would rise another half-metre in the partially flooded communities of Estevan and Roche Percee after more water was released from dams on the Souris River.

Some residents have said they don't understand why floodgates on the dams are being opened when com-

Wall tours area

- Saskatchewan Premier Brad Wall delayed his trip to a western premiers conference so he could tour the affected area yesterday.
- He was planning to discuss federal flood compensation at the premiers' meeting in Yellowknife.

munities downstream are already under water. But authority spokesman Dale Hjertaas said the reservoirs simply can't hold back the huge amount of water.

"The bottom line is ... an awful lot of rain fell and an awful lot of water is com-

ing, and the capacity of the reservoir to hold it back is limited," said Hjertaas. "Most of it needs to be passed on through at this point."

The areas affected were along the Souris, about an hour and a half southeast of Regina.

Environment Canada said that as of yesterday morning Estevan had had 287 millimetres of rain since May 1, making this the wettest May-June period since records began in 1945. The agency said 112 millimetres of rain had fallen in Weyburn since Friday and more rain was expected yesterday.

THE CANADIAN PRESS

Piggy. Boat Ride



► Villagers use a wooden boat to transfer their pigs from a flooded hogpen in Lanxi city in east China's Zhejiang province yesterday.

THE ASSOCIATED PRESS

Crucial period for east China floods

A river passing through the Chinese city of Lanxi has risen sharply due to heavy rains. More than 70 kilometres of dikes are in danger of overflowing in Zhejiang, where floods have caused \$1.2 billion US in losses, authorities said.

Pink tank symbol of liberation

A pink tank has temporarily returned to the heart of

Prague, Czech Republic, to mark the 20th anniversary of the Soviet troops' withdrawal.

Tank No. 23 was originally put on display in a Prague square in 1945 to commemorate the

liberation of Czechoslovakia by the Red Army after the Second World War occupation by Nazi troops. For many, it became a symbol of the 1968 Soviet-led invasion that lasted almost 23 years. THE ASSOCIATED PRESS

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So long, dot-com; hello, dot-whatever: The world of website names is about to undergo a revolution, with anyone allowed to choose whatever suffix they want for their website, including ideograms and Arabic characters.

At the moment, a web address can end with one of only 22 suffixes: .com, .org and .net, for example. But in the near future, websites could end with tailored suffixes such as .kids, .shop or .cal for Calgary.

The body in charge of deciding the rules for website names, ICANN (Internation-

You name it

- The expected price of a customized suffix is \$185,000, but technology writer Robin Wauters says it could cost twice that to effectively operate and maintain a custom gTLD.
- Applications are open from Jan 12, to April 12, 2012.

al Corporation for Assigned Names and Numbers), said yesterday it will open up the market of address endings, also known as gTLDs, generic top level domains.

The Internet community, governments and companies have been pressing

for this for years. But with a customized domain expected to cost about \$185,000, only big organizations are expected to apply for now.

Technology writer Robin Wauters, of TechCrunch.com, said the decision could have "the most repercussions ever taken by ICANN since the introduction of .com."

But while the move may offer good branding opportunities for companies, organizations and cities, he warned that the new domain name extensions could end up causing confusion. And there is no way to predict if the advantages of owning a "brand domain" will justify the high cost.

Google to digitize tomes

A treatise on a stuffed hippopotamus, an 18th-century English primer for Danish sailors and a description of the first engine-driven submarine are among 250,000 books to be made available online in a deal between Google and the British Library.

The arrangement will let Internet users read, download and copy thousands of texts published between 1700 and 1870. Among the books is Georges Louis Leclerc's Natural History of the Hippopotamus, or River Horse — which includes a description of a stuffed animal owned by the Prince of Orange.

The library's goal is to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020.

THE ASSOCIATED PRESS

Plastic. Money



► Canada's new polymer banknotes in \$50 and \$100 denominations are unveiled yesterday at the Bank of Canada in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Coming in on a high note

Canada is switching to polymer banknotes to replace paper-cotton bills, which wear and tear more easily. The first bills to go plastic will be the \$50 and \$100 notes. Polymer banknotes are more durable and harder to fake than paper money.

Market moment

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Unit 101, 4908 17 Ave SE
Unit 5, 12 Castleridge Dr NE
Unit 307, 3200 Glenmore Tr SE
Unit 101, 2640 52nd St NE
Unit 210, 9737 Macleod Tr SW
Unit 104A, 3716 - 61 Ave SE

8 - 4105 4th St NW
628 B 17 Ave SW
1412 9 Ave SE
4649 Macleod Tr SW
Unit 808, 19th St SE
312 Centre St SE



► Christine Kwapnoski, seen at her home in Bay Point, Calif., vows to push ahead with her claim after the U.S. Supreme Court blocked a sex discrimination lawsuit by women who work at Walmart.

Women of Walmart blocked

- Justices agree lawsuit could not proceed as class action in current form
- Lawyers for plaintiffs say they're considering filing thousands of claims

The U.S. Supreme Court yesterday blocked a massive sex discrimination lawsuit against Walmart on behalf of female employees in a decision that makes it harder to mount large-scale bias claims against the biggest U.S. companies.

The ruling reverses a decision by the 9th U.S. Circuit Court of Appeals in San Francisco. By a 5-4 vote along ideological lines, the

court said there were too many women in too many jobs at Walmart to wrap into one lawsuit.

The lawsuit could have involved up to 1.6 million women, with Walmart facing potentially billions of dollars in damages.

Now, the handful of women who brought the case may pursue their claims on their own, with much less money at stake

and less pressure on Walmart to settle.

One of the women involved in the suit, Christine Kwapnoski, said she was disappointed in the ruling, but vowed to push ahead with her claims.

"All I have to say is when I go back to work tomorrow, I'm going to let them know we are still fighting," said Kwapnoski.

The lawsuit said that

women are grossly underrepresented among managers, holding just 14 per cent of store manager positions compared with more than 80 per cent of lower-ranking supervisory jobs that are paid by the hour. Walmart responded that women in its retail stores made up two-thirds of all employees and two-thirds of all managers in 2001.

THE ASSOCIATED PRESS



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HEAT CAN PLAY HAVOC WITH STYLE

SHE SAYS ...

JESSICA NAPIER
METRO



There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."

swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metrolifepanel.ca
and take the quick poll

Is losing the Stanley Cup a valid reason to riot?

YES, LOSING ATHLETES DESERVE THE SAME TREATMENT AS SHODDY WORLD LEADERS

12%

37%

WHO NEEDS A REASON TO RIOT?

50%

NO, IT'S JUST A HOCKEY GAME

Worth mentioning

WASHINGTON. Sea levels have been rising significantly over the past century of global warming, according to a study that offers the most detailed look yet at the changes in ocean levels during the last 2,100 years.

Researchers found that since the late 19th century — as the world became industrialized — the sea level has risen more than two millimetres per year, on average. That is a little less than one-tenth of an inch, but it adds up over time.

It will lead to land loss, more flooding and saltwater invading bodies of fresh water, said lead researcher Benjamin Horton, whose team examined sediment from the state of North Carolina's Outer Banks. He directs the Sea Level Research Laboratory at the University of Pennsylvania.

The predicted effects he cites are not new and are predicted by many climate scientists. But outside experts say the research verifies increasing sea-level rise compared to previous centuries. Horton said rising temperatures are the reason behind the higher sea level.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Hot on the trail of a felonious feline

A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the



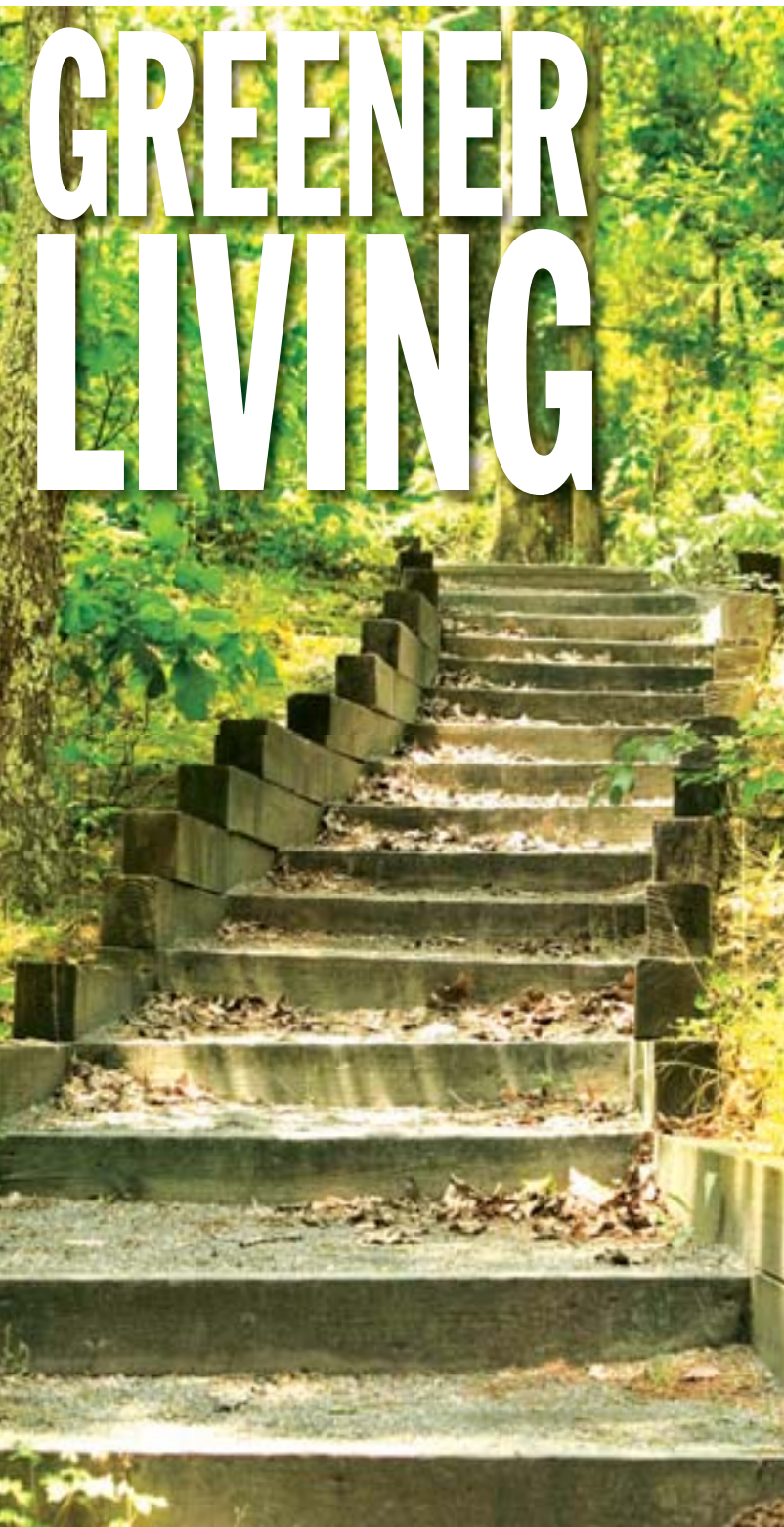
burglar really is a cat.

Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

THE ASSOCIATED PRESS



JUPITERIMAGES/COMSTOCK/THINKSTOCK

ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of *Green for Life* and more recently *There's Lead in Your Lipstick* (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario. "Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can re-used in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

FEATURED INSIDE:

- 🌱 A NEW WAY TO DO BUSINESS
- 🌱 TIPS TO REDUCE YOUR WASTE
- 🌱 WASTE REDUCTION QUIZ

Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit metronews.ca/greenerliving.



THE BIG PICTURE

ARLESTOCK.COM/THINKSTOCK

A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

“Zero waste has positioned people to think of recycling as a business opportunity,” says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

“Over the last 10 to 15 years, we’ve recognized that landfill may not be the best way to deal with all materials,” he says. “And people now look on at resource recovery as economically beneficial.”

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

“Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal,” says Bartlett — and that means the product isn’t thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there’s little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it’s when a producer’s responsibility for a product is extended to the post-consumer stage of the product’s life

cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

“We are the missing link in reducing waste between governments and organizers at events who put on things,” explains company spokesperson Liliana Segal. “Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled.”

To reduce waste in the workplace, Green Chair Events suggests that businesses renegotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

STUDENTS GET TOP MARKS IN RECYCLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewal fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

THINGS GO BETTER WITH — PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.

The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.



The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company’s long-term goal is to reach a 100 per cent plant-based package for all of its products.

“It’s our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging,” says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.

Designed to Make a Difference™

1 unique redesigned plastic bottle

2 up to 30% made from plants

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REDUCE YOUR WASTE: IT'S EASIER THAN YOU THINK



ISTOCKPHOTO/THINKSTOCK

MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOUR- AGE CHANGE AND MAKE A DIFFERENCE

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says

Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.
- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.
- Don't buy over packaged products — or leave the extra packaging with the retailer.
- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).
- Buy in bulk.
- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.
- Think about all the products you buy — how they are made and how you will dispose of them.
- Bring your own carry bags when you are shopping.
- Be a good role model — always practice and share positive environmental habits.
- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.
- Compost organic waste. Use the municipal green bin program if available or compost in your yard.



3 still 100% recyclable



plantbottle™

PlantBottle® packaging is made in part from renewable materials sourced from sugarcane production to bring you the pure, crisp taste of DASANI in a bottle designed with the planet in mind.

Now available nationwide.

For more information visit livepositively.ca/plantbottle

THE GREAT CANADIAN WASTE REDUCTION QUIZ

TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

1. In the grocery store

- a) You always buy bags
- b) You purchase bags but use them again to pick up after your dog or for other things
- c) You bring your own carry bags – and shop at bulk stores

2. You drink your coffee out of a

- a) paper cup from the local coffee shop
- b) travel mug
- c) styrofoam cup

3. When the batteries in your flashlight die, you

- a) put them back into the recharger
- b) throw them into the garbage
- c) set them aside for the next trip to the depot

4. When shopping for fruit and vegetables, you buy them

- a) by weight
- b) packaged
- c) always canned or frozen

5. How do you get to work?

- a) Car, rain or shine
- b) Bike or public transportation
- c) Ride with a colleague and split the cost of gas

6. On a hot day, you walk by an air conditioned retail store with its doors wide open. You

- a) Go in and cool down.
- b) Walk on by — what a waste!
- c) Go in and speak to the manager about the wasted energy

7. After you mow the lawn, grass clippings are

- a) Bagged and left at the curb
- b) Raked up and put into the composter
- c) Left on the lawn

8. After a big family dinner, you

- a) Scrape everyone's plate into the green bin
- b) Scrape everyone's plate into the garbage
- c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

RESULTS

YOUR WASTE REDUCTION PERSONALITY

UNDER 10 POINTS:

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

OVER 10 POINTS:

You're on the right track but could be more pro-active in helping to make the world a better place – by creating less waste and protecting natural resources.

OVER 20 POINTS:

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!



TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

REDUCE FOOD WASTE

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

RECYCLE

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

COMPOST

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

BE A SMART CONSUMER

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

— David Suzuki Foundation,
www.davidsuzuki.org

To see how you measure up, add up your score.

1. a-1, b-2, c-3 2. a-2, b-3, c-1 3. a-3, b-1, c-2 4. a-3, b-1, c-2
5. a-1, b-3, c-2 6. a-1, b-2, c-3 7. a-1, b-2, c-3 8. a-3, b-1, c-2

The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.





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2
scene

Scene in brief



Rapper 50 Cent's newest work of fiction will have an anti-bullying message.

The Penguin Young Reader Group has signed up 50 Cent's novel Playground. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012. The 34-year-old rapper, whose real name is Curtis Jackson, has acknowledged a violent childhood and dealing drugs at an early age.

He's also released a memoir, From Pieces to Weight, and a self-help guide co-authored by Robert Greene called The 50th Law.

THE ASSOCIATED PRESS



Self-published thriller writer John Locke sells 1 million e-books on Kindle

► The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy
► So what exactly does the Harry Potter author have up her sleeves? ► We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess



New Line of Fragrances

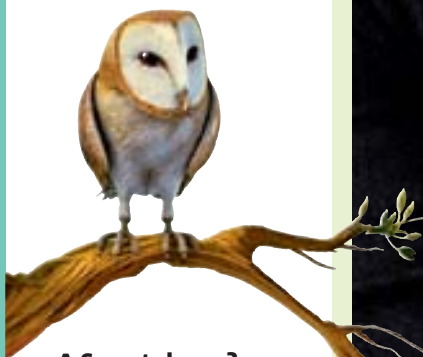
How likely it is to happen: 1/5

There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

A musical? A TV series?

How likely it is to happen: 2/5

It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.



A Smartphone?

How likely it is to happen: 4/5

The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it. (But if the screen lights up when we say "Lumos," we may just reconsider making a purchase.)



POTTERMORE?



NICHOLAS LIM
SCENE@METRONEWS.CA

J.K. Rowling has launched a new website, Pottermore.com, but sadly and mysteriously, it holds little more than a pair of

tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British

Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!

GETTY IMAGES

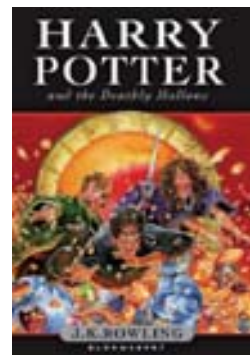


This owl and the one you see at the bottom left greet you at the Pottermore page.

An Entirely New Book?

How likely it is to happen: 3/5

Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.



Harry Potter and the 8th Book

How likely it is to happen:

0/5

It is more possible that an owl will deliver your acceptance letter to Hogwarts tomorrow than hearing Rowling announcing an eighth book in the series. She is very particular about numbers and magic, and given how seven horcruxes come together in seven books so beautifully, it is very unlikely that Rowling will destroy her own masterpiece by adding an eighth book.

Harry's story ended on a perfect note, and unless Rowling has an even more perfect way to extend the story, we are betting that The Deathly Hallows is the last book. Yes, we are sad too but we have to move on, and the final film is waiting for us next month.

At least that is definitely going to happen.

Wake-up call for Amy Winehouse

► Singer barely makes through first concert of her comeback tour ► Paid a visit to rehab in the U.K. recently ► Doctors now 'coming down hard on her'

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and

feels "this is the right thing to do," her rep says.

Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to Popeater. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it." ● METRO



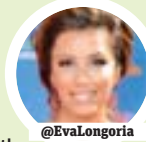
► Winehouse has cancelled the next two stops on her tour.

THE ASSOCIATED PRESS

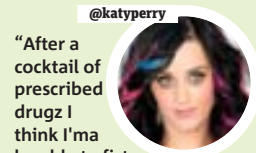
Celebrity tweets



"Every time i fall in love with a character on Game of Thrones, they die!"



@EvaLongoria



@katyperry

"After a cocktail of prescribed drugz I think I'ma be able to fist pump my way through tonight..."



@russellcrowe

"Total bs article, i am not involved in dark tower at all. this is what 'journalism' has become, a game of pretend"



@GaryShandling

"Here's my security tip if you want to get through the airport quickly: Do NOT wear the 'Al Queda rocks!' t-shirt."

Cheryl says she's just fine

ALL PHOTOS GETTY IMAGES

Cheryl Cole insists that she's doing fine after being dropped from the U.S. edition of X Factor and she doesn't want people feeling sorry for her, according to the Mirror.

"I'm under no pressure and I actually feel the happiest I've felt in a long, long time," Cole says, according to the newspaper.

"I've got a big place, I have enough money — and if I never get photographed again, I don't care."

Cole, who has had to deal with both losing her job and dissolution of her marriage to soccer star



► Cheryl Cole

Ashley Cole this year, is looking forward to taking a vacation, something she claims she's never done before. ● METRO



► Lady Gaga

Lady Gaga and her man are 'totally back together'

Just a month after announcing they'd broken up, Lady Gaga is reportedly back with on-again, off-again boyfriend Luc Carl, according to Us Weekly.

"They had a little fight.

I think the breakup lasted a week or two," a source says.

"They are totally back together now."

Gaga herself admits she may have stretched the

truth in announcing her relationship's demise.

"I sometimes skirt questions about it — and maybe not honestly," she tells the magazine.

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plentyofsyph.com

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3
life

Carb intake



Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better. To prevent visceral fat from accumulating, walk briskly for 30 minutes six times a week (or equivalent). To reverse visceral fat that's already there, boost the intensity or duration. **CELIA MILNE**



Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions

Cutting the belly fat

► New research shows the science behind why carbs can cause belly fat ► Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes



CELIA MILNE
LIFE@METRONEWS.CA

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein,

and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

The study was presented recently to the Endocrine Society in Boston.



► No carbs? No kidding.

Half the man he used to be



BEN KNIGHT
LIFE@METRONEWS.CA

Almost a quarter of all Canadian men and women are obese.

At a time when the health risks of overeating are better understood than ever, why does this problem persist?

Why is it so difficult for many of us to heed the warnings, and get our appetites under control?

Bob Fisher can tell you. The 60-year-old Toronto native's weight peaked at 336 pounds before he finally sought the help of Overeaters Anonymous in 1982.

After 28 years in the program, he is — quite literally — half the man he used to be.

"I have lost half of me," he says.

"This morning, I weigh 169."

As Fisher recalls his journey into and away from obesity, it quickly becomes clear overeating is not a simple issue.

"What I found was I was using food to change the quality of my life," he recalls.

"It was my drug of choice. I never even recognized, really, what I was doing. Everyone told me it was a matter of willpower — and it had nothing to do with willpower."

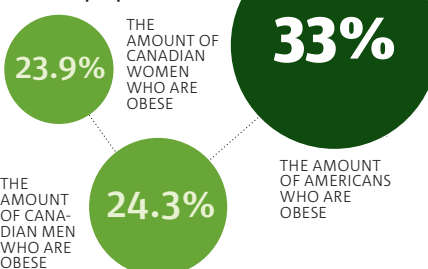
It's not just a matter of stopping, then.

No amount of scary predictions from doctors, friends or family made any difference at all to Fisher.

"If knowing the risks

Statistics

Looking at the percentages of obese people.



got somebody to stop doing something, there would be no need for any of the programs to tell people to stop smoking, for example. I smoked 60 to 65 cigarettes a day. I haven't had a cigarette in 22

years."

So how does anyone ever break this vicious, potentially lethal cycle?

"The first thing you have to do is admit that whatever it is you're doing isn't working," Fisher says.

"And it's not just the food that is unmanageable. Everything is unmanageable. You say 'I'm not quite sure what will work,' but the first thing to do is admit there's a problem going on, and that extra piece of chocolate layer cake is not going to make it all better."

Many overweight people find themselves constantly judged by others. Fisher counters it is vitally important to remove judgment from the equation.

"Overeating is a disease. It doesn't make you a good person or a bad person. I don't say I was good with my food today. I simply say that I didn't eat compulsively today."

For more info on Overeaters Anonymous, check out oa.org.

Analysis

BODY FOCUS: PIPPA'S TONED BUM



MARK ANTHONY
PILATES
EXPERT

Sure, Kate looked great, but it's Pippa's toned derriere we'd love to flaunt on the beach this summer. We asked Pilates expert Mark Anthony how.

Start with: Pre exhaust movements to fire up weak butt muscles

Standing leg lifts: from a standing position keep the right side leg slightly bent with the left leg straight and slightly off the floor. Raise this leg high enough so that you feel contraction in your hip and glute. Pause briefly at the top and return to the start position. Once you have done 15 reps, pause, and with the same leg turn the foot slightly outwards and swing the leg behind you again high enough so that you feel a contraction in your glute. Perform this 15 times and then repeat the exercise with the other leg.

Go into: Wide stance squats and lunges

Squats tone, perk and lift the bum as they trigger the glutes, inner, front and back of the thigh.

Take a wide stance, with your toes turned out to 10 o'clock and 11 o'clock and tilt your pelvis backwards and drop down so that your legs are parallel to the floor and so that your back is straight. Immediately push up to the

start position. Do two lots of 15 repetitions each.

Lunges are fundamental for developing strong glutes and lifting the bum. From a standing position step forward into a lunge so that your rear knee is nearly touching the floor. Keep your abs in tight and back up straight. Move back to the start position and alternate the leg. Do two lots of 15 reps.

Make sure you rest in between sessions, as your muscle fibres need to heal and recuperate before they can get stronger.

Eat: the right fuels

You must feed your body right if you want your body to respond to the workout. Think of it as putting fuel in a Ferrari. Drink two litres of water a day and eat small regular meals, three main meals and two snacks. Eliminate salt, sugar, fat (saturated fats, processed foods, high fat creams), alcohol and simple carbohydrates such as white rice, white pasta and white bread. Load up on complex carbs such as brown rice and pasta. Start the day right with a breakfast of two poached eggs or rye bread with baked beans.

Peel off: the orange peel

Cellulite is the build up of fat deposits under the skin. Pick exercises that burn body fat fast such as weight training. Cellulite busting foods include barley, broccoli, spinach and spirulina.



► Pippa Middleton

Health trend

Mushy meals

Liquidized meals: that's a slightly more mature way of saying baby food or "goo." But that's apparently how Lady Gaga and Jennifer Aniston beat hunger pangs. In the UK, this latest diet trend has seen wet baby food sales increase by 20 per cent as it is claimed that making purée out of your meals and eating baby-sized portions helps digestion and reduces overall intake.

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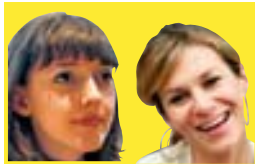
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SHE NEEDS HER OWN FRIENDS

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My girlfriend and I have been dating for over a year now, and generally things are great, but I'm noticing she doesn't hang out with her friends anymore. How can I show her having her own friends is healthy and get her out of my hair? Strangled.

Claire: Dear BF/BFF,

You're not alone. Your girlfriend sounds like the type that likes to cocoon in bliss with you and forget about the rest of the world. This behaviour has obviously gone on for some time. By providing a group to hang out with, you've fulfilled her need to socialize, to be extroverted. This isn't ok, unless you two are in a cult where sympathizing with outsiders warrants a good whipping. Make sure you're clear about how

you're uncomfortable her nesting is making you, and that you don't find it attractive. As you're the center of her world, this will probably get her butt off the bed and out into the world. If she's forgotten how to pick up chicks, suggest a class or an activity that she'd enjoy where she's likely to meet new people...like a hot, rich doctor who regularly volunteers at an orphanage. Oops, scratch that.

Andrea: Dear Strangled,

The most important thing I ever learned about relationships was that you can't change people, and I suspect that telling her to get a life might hurt her more than it helps your relationship. So I'd recommend that you change your habits for a few weeks: be more independent, and spend more time alone with the guys. Remind her how much fun it is to miss each other, and tell her you can't wait to hear her stories after a night with the girls. You can even make a game out of it — who gets flirted with the most?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little about myself.

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

In the past year alone, I have travelled and worked in London, Paris, Tokyo, Mumbai, Hyderabad,



► Not sure how to handle yourself at that big soirée? Charles the Butler can pass on some expert tips.

Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers

of Metro.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the

decisions for my wedding and I don't know how to deal with her without making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

Metro's guide to cellphone do's and don'ts

In this era, almost everyone in your social circle has a cell phone and through this little device

we are seemingly connected to the entire world constantly. It is now nigh impossible for us to last a

day without our phones.

We don't blame you because we do that too, and we would like to think that it's a universal condition. However, the thing is, while it is a socially accepted condition, it is not a socially accepted behaviour or practice.

Here at Metro, we shall show you how to behave like a refined, cultured and well-mannered individual in the real world while still staying connected to the virtual world you're addicted to:

At the restaurant (on a first date)

Sorry ladies and gentlemen, if you are on a first date, that cell phone of

yours must cease to exist. Turn it off. Of course, it's an excellent emergency "Get-Out-Of-A-Bad-Date" device too, but we have ethical qualms about encouraging you to ditch your date this way.

At the restaurant (with a group of friends)

Unless your group is heading to the Queen's palace where you must sit straight and always wear a smile, it is generally acceptable to have your phone out when dining with your friends at any other restaurants.

In a board meeting

Unless you have well-trained hand-eye coordina-



► Chatting in a movie theatre? That's a no-no.

tion, we suggest that you focus in the meeting. Sure, it may last for three hours, but that just means that your company is in a little crisis and your attention should really be on saving your company and not

whining about your job on Twitter.

Who knows, maybe you're about to be fired and this meeting is your last?

Cherish the moment!

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Wurst — obvious bad jokes aside — is good

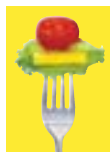
► Eatery serves Bavarian-inspired food, beer, atmosphere



► Open face crab melt with king and rock crab, avocado, goat cheese and arugula pesto.

LUNCH RUSH

ANH CHU
FOOD@METRONEWS.CA



Wurst, the newest addition to Calgary's beer scene, is rustic yet elegant.

The menu is pleasantly overwhelming. The lunch menu features seafood, charcuterie, salads, sandwiches and Bavarian entrees. The drink menu boasts more than 20 predominantly German beers

on tap (from a 200 mL sampler to a 2L "boot"), along with 60-plus wines. I ordered the Jäger Schnitzel with wild forest mushroom gravy and German egg noodles (spaetzle) (\$16). The veal was tender, while slivers of lemon rind provided a nice contrast to the rich gravy.

My friend ordered the open face crab melt with king and rock crab, avocado, goat cheese and arugula pesto (\$16) with substantial chunks of crabmeat.

We enjoyed two desserts and couldn't decide which one was better:

Wurst

2437 4th St. S.W.
403-245-2345
wurst.ca

Client negotiations: Yes
Social lunch: Yes
Licensed: Yes
Price range: \$9 - \$23
Rating: 3.5 out of 5

The flaky and tart apple strudel (\$11) or the light but rich Black Forest cake (\$11).

You won't get hearty German-sized portions at Wurst, but you will get excellent presentation, attention to detail and an inclination to return.

Shrimp Appetizer



for another 2 minutes.

2 Add shrimp and cook for 5 minutes longer, mixing with a spatula. Season to taste. Serve with a salad of herbs such as chives, chervil, parsley and basil.
THE CANADIAN PRESS/MAILLE

Ingredients:

- 15 ml (1 tbsp) sunflower oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 to 3 cloves garlic, crushed
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

Preparation:

1 In a pan, heat sunflower oil. Add onion, green pepper and garlic to taste and cook for 5 minutes. Add mustard and cook

Here is a sensational yet incredibly simple shrimp appetizer that you can serve with cocktails or wine before dinner on the patio or at the cottage this summer.

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STAYCATIONS ARE IN

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

With skyrocketing fuel prices and the expensive hassles associated with modern day travel, many Canadians are opting to stay close to home this summer rather than vacationing to Europe.

Forgo the stress and inconveniences of long security lines, lost luggage and expensive tickets; and enjoy your vacation time close to home. So long as you stay within a reasonable budget, staycations can save you thousands of dollars each year!

The key to relaxing is to avoid connecting with your workplace. Leave file folders at work and turn off your laptop and smart-

phone. Resist the temptation to "check in" by having your partner hide your mobile devices.

Ignore major household chores, unless you find building fences and cleaning the garage relaxing. Clean, pay bills and grocery shop before your start your holiday time so you can dodge these routine tasks.

Sleep in, read books, play with your kids, watch movies, meet friends and try new recipes. Enjoy the outdoors by picnicking, biking or hiking on local trails. Hit up nearby beaches or swimming pools.

Visit museums, shopping centres, science centres, amusement parks, zoos and other attractions. Many tourist attractions have discounts for locals.

Vacation time is meant to help you recharge your batteries and enjoy your surroundings. Do things that are fun and frugal and try not to overbook your schedule. Just relax!

Empowering a special group

ON MONEY

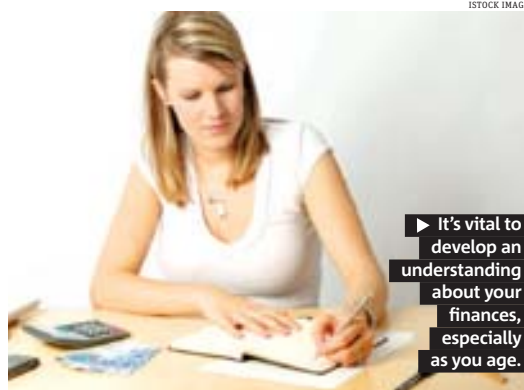
ALISON GRIFFITHS
MONEY@METRONEWS.CA

Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant.

If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and



► It's vital to develop an understanding about your finances, especially as you age.

debt education for indebted Canadians, older, low-income women have, until now, been largely forgotten.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement.

Each workshop will cov-

er eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

NICE information

► If you don't live in one of the areas serviced by the workshops you can still access the information and very useful tools online at www.nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

POPQUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column: Make the cost of raising a family less taxing.

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Diversify your TFSA

► Your Tax Free Savings Account can help you save for big purchases, trips, kids' education or buying a house

CONTRIBUTED

It's been three years since the Tax Free Savings Account or TFSA was first introduced. And, if you're like most Canadians, you might have a modest amount in a savings account that is perhaps making one or two per cent interest — if you're lucky.

Well, now it's time to shake things up with a little diversification.

Do you know how much contribution room you have?

When the TFSA was first introduced, you were eligible to deposit an annual maximum of \$5000. If you made any withdrawals, that amount would be carried forward to the following year. That means that this year you could potentially put away \$15,000.

One way to confirm the exact amount is to review your Letter of Assessment that you received from Revenue Canada after filing your taxes.



► Consider using your TFSA to save for retirement.

A great opportunity if you've maxed your RRSPs

If you've successfully reached your RRSP contribution limit, the TFSA is an excellent retirement savings alternative. Remember, your TFSA deposits are tax-free and tax-receipt-free.

In other words, you will not receive a tax receipt for your deposits nor will your withdrawals be taxed like an RRSP. This means more money will stay in your pocket.

No longer just savings accounts

TFSA accounts come in many different formats, which offers you many ways to grow your money. Some people are choosing investment options like stocks, bonds, mutual funds and guaranteed investment funds or GIFs.

Also, you now have the option of borrowing the full \$15,000 to invest. Unlike other investment loans, the interest paid on this loan cannot be used as a tax write-off. **NEWS CANADA**

Nadal, Williams make easy work of first round

► Top tennis talents both win in straight sets ► Murray drops a set, then wins three straight

Rafael Nadal opened his Wimbledon title defence with a convincing victory yesterday, beating Michael Russell 6-4, 6-2, 6-2 on a "fantastic" day while his parents watched from the Royal Box.

In keeping with tradition, the defending men's champion played the first match on Centre Court at the All England Club — and the top-ranked Spaniard put on a worthy performance to begin the 125th edition of the championships.

Five-time women's champion Venus Williams, back on her favourite grass surface, also swept into the second round with a 6-3, 6-1 win over 97th-ranked Akgul Amanmuradova of Uzbekistan.

On a day when rain washed out 31 matches on the outside courts, fourth-seeded Andy Murray also moved into the second round, winning in four sets against Daniel Gimeno-Traver in a match played entirely under the retractable roof over Centre Court.

Nadal, coming off his sixth French Open title and 10th overall Grand Slam championship, double-faulted to go down a break 4-2 in the first set against the 91st-ranked Russell. But Nadal buckled down, and ran off six

The rematch

Anyone at Wimbledon a year ago, it seems, remembers bits and pieces of the longest match in tennis history, the 11-hour, five-minute marathon between John Isner and Nicolas Mahut.

- Get ready for the rematch, scheduled to begin today at the All England Club.
- Fittingly, perhaps, Isner-Mahut II might not finish today. That's because theirs is the fourth match on tap for Court 3 — and the forecast calls for rain.
- Court 3 holds 1,980 spectators, about 1,200 more than tiny Court 18, which now bears a plaque noting it was the site of the 2010 original Isner-Mahut.

straight games to take the set and go up a break in the second. He was in command the rest of the way against the 33-year-old American.

"I started so-so in the first set, but after that I start to hit very well the forehand and I think I finished playing a very good level," Nadal said.

Earlier, Canadian Milos Raonic made his Grand Slam grass-court singles debut with a 6-3, 7-6 (3), 6-3 victory over Frenchman Marc Gicquel.

THE ASSOCIATED PRESS



► Rafael Nadal reacts after defeating Michael Russell yesterday.

Flames ink deal with backup goalie Karlsson

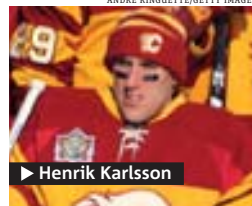
Henrik Karlsson is sticking around with the Calgary Flames.

The club announced yesterday it has re-signed the goalie to a two-year deal worth \$1.725 million US.

Karlsson played 17 games in 2010-11 as Miikka

Kiprusoff's backup, registering a 4-5-6 record with a 2.58 goals-against average and a .908 save percentage.

A native of Tumba, Sweden, Karlsson was originally acquired by the Flames from San Jose at the 2010 draft. THE CANADIAN PRESS



► Henrik Karlsson

Sports in brief

Ramsay ruled out in 'Peg

NHL. The new NHL team in Winnipeg is truly starting fresh.

Former Atlanta head coach Craig Ramsay was informed yesterday that he had been ruled out for the position in Winnipeg,

ensuring that the team will have new faces in all key positions.

THE CANADIAN PRESS

Pujols out at least a month

MLB. St. Louis Cardinals first baseman Albert Pujols will be out for four to six weeks after fracturing his left wrist against the Kansas City Royals.

THE ASSOCIATED PRESS

4

sports

Quoted



"I've managed since I was 14 years old. I'll probably manage until I'm 95."

NEW FLORIDA MARLINS
INTERIM MANAGER JACK
MCKEON, 80. HE BECAMES
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AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	44	28	.611	—
New York	42	29	.592	1½
Tampa Bay	40	33	.548	4½
Toronto	36	37	.493	8½
Baltimore	33	37	.471	10

CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	39	32	.549	—
Detroit	39	33	.542	½
Chicago	35	39	.473	5½
Minnesota	31	39	.443	7½
Kansas City	31	41	.431	8½

WEST DIVISION				
	W	L	Pct	GB
Texas	39	35	.527	—
Seattle	37	35	.514	1
Los Angeles	36	38	.486	3
Oakland	33	40	.452	5½

INTERLEAGUE

Last night's results

Atlanta 2 Toronto 0
Baltimore 8 Pittsburgh 3
Boston 14 San Diego 5
Chicago Cubs 6 Chicago White Sox 3
Colorado 8 Cleveland 7
L.A. Angels 2 Florida 1
N.Y. Yankees 3 Cincinnati 3
Tampa Bay 8 Milwaukee 4
Texas 8 Houston 3

Detroit at L.A. Dodgers

Sunday's results

Cleveland 5 Pittsburgh 2 (11 ings)
L.A. Angels 7 N.Y. Mets 3
Cincinnati 2 Toronto 1
Baltimore 7 Washington 4
Boston 12 Milwaukee 3
Atlanta 4 Texas 2
Tampa Bay 2 Florida 1
Minnesota 5 San Diego 4
St. Louis 5 Kansas City 4
Detroit 9 Colorado 1
Oakland 2 San Francisco 1
Chicago White Sox 8 Arizona 2
Seattle 2 Philadelphia 0
N.Y. Yankees 10 Chicago Cubs 4
Tonight's games
Baltimore (Guthrie 2-8) at Pittsburgh
(Ja.McDonald 5-4), 7:05 p.m.
Colorado (Chacin 8-4) at Cleveland (Talbot 2-4), 7:05 p.m.

Seattle (Fister 3-8) at Washington
(L.Hernandez 4-8), 7:05 p.m.
L.A. Angels (E.Santana 3-7) at Florida
(Vazquez 3-7), 7:10 p.m.
N.Y. Yankees (B.Gordon 0-0) at Cincinnati
(Cueto 4-2), 7:10 p.m.
Oakland (Outman 2-1) at N.Y. Mets (Gee 7-0),
7:10 p.m.
San Diego (Latos 4-8) at Boston (Beckett 6-2),
7:10 p.m.
Toronto (Z.Stewart 0-0) at Atlanta (Minor 0-2),
7:10 p.m.
Houston (Lyles 0-2) at Texas (C.Wilson 7-3),
8:05 p.m.
Arizona (J.Saunders 3-7) at Kansas City
(Hochevar 4-7), 8:10 p.m.
Chicago Cubs (Garza 3-6) at Chicago White
Sox (Buehrle 6-5), 8:10 p.m.
Tampa Bay (Hellickson 7-5) at Milwaukee
(Greinke 6-2), 8:10 p.m.
Detroit (Scherzer 9-2) at L.A. Dodgers
(Billingsley 5-6), 10:10 p.m.
Minnesota (Pavano 4-5) at San Francisco
(Bumgarner 3-8), 10:15 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	45	28	.616	—
Atlanta	41	33	.554	4½
New York	35	37	.486	9½
Washington	35	37	.486	9½
Florida	32	41	.438	13

CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	40	33	.548	—
Milwaukee	40	34	.541	½
Cincinnati	38	36	.514	2½
Pittsburgh	35	37	.486	4½
Chicago	30	42	.417	9½
Houston	27	47	.365	13½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	39	33	.542	—
Arizona	39	34	.534	½
Colorado	36	36	.500	3
Los Angeles	32	41	.438	7½
San Diego	30	44	.405	10

Sunday's result

L.A. Dodgers 1 Houston 0

Tonight's game

Philadelphia (Halladay 9-3) at St. Louis (McClellan 6-3), 8:15 p.m.

Tomorrow's game

Philadelphia at St. Louis, 8:15 p.m.

BRAVES 2, BLUE JAYS 0

Toronto	ab	r	h	bi	Atlanta	ab	r	h	bi
Yesor ss	4	0	1	0	Schaffer cf	4	0	1	0
CPttrsn lf	4	0	0	0	AlGnziz ss	3	0	1	0
Bautist rf	4	0	0	0	Heyward rf	4	0	1	0
Lind lb	4	0	0	0	Fremn 1b	3	0	0	0
A.Hill 2b	3	0	0	0	Uggla 2b	4	0	1	0
Arenici c	3	0	1	0	D.Ross c	2	0	1	0
RDavis cf	3	0	0	0	McLoth lf	2	0	0	0
J.Nix 3b	2	0	0	0	DHmdz 3b	3	1	1	0
Encnc ph	1	0	0	0	THudsn p	3	1	1	2
L.Perez p	0	0	0	0	Kimrel p	0	0	0	0
Camp p	0	0	0	0					
RRomr p	2	0	0	0					
McCoy 3b	0	0	0	0					
Totals	30	0	2	0	Totals	28	2	6	2

Toronto	000	000	000	0
Atlanta	000	000	20x	2
E—Y.Escobar (7), Freeman (5). DP—Toronto 1.				
LOB—Toronto 4, Atlanta 6. 2B—Ale.Gonzalez				
(13), Heyward (6). HR—T.Hudson (1). SB—				
Heyward (4), McLouth (2). CS—Schafer (4).				

Toronto	IP	H	R	ER	BB	SO
R.Romero L 6-7	7	6	2	2	2	4
L.Perez	2-3	0	0	0	1	1
Camp	1-3	0	0	0	0	1
Atlanta						
T.Hudson W 6-6	8	2	0	0	1	8
Kimrel S 20-25	1	0	0	0	0	3
T.Hudson pitched to 2 batters in the 9th.						
HBP—by R.Romero (Freeman).						
Umpires—Home, Angel Hernandez; First, Angel						
Campos; Second, Chad Fairchild; Third, Joe West.						
T—2:20. A—22,937 (49,586).						

CALENDAR

July 12 — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.
Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.
Sept. 1 — Active rosters expand to 40 players.
Sept. 30 or Oct. 1 — Playoffs begin.
Oct. 19 — World Series begins.
November — Free agent period to sign exclusively with former teams, first 15 days after World Series ends.

TENNIS

WIMBLEDON

At London

Yesterday's results

Men

Singles — First Round

Rafael Nadal (1), Spain, def. Michael Russell, U.S., 6-4, 6-2, 6-2.
Andy Murray (4), Britain, def. Daniel Gimeno-Traver, Spain, 4-6, 6-3, 6-0, 6-0.
Tomas Berdych (6), Czech Republic, def. Filippo Volandri, Italy, 6-2, 6-2, 6-1.
Tobias Kamke, Germany, leads Blaz Kavcic, Slovenia, 6-3, 7-6 (4), 1-5, susp., rain.
Gael Monfils (9), France, def. Matthias Bachinger, Germany, 6-4, 7-6 (3), 6-3.
Mardy Fish (10), U.S., def. Marcel Granollers, Spain, 7-6 (3), 7-6 (5), 6-4.
Stanislav Wawrinka (14), Switzerland, def. Potito Starace, Italy, 6-3, 6-4, 6-4.
Gilles Simon (15), France, leads Edouard Roger-Vasselin, France, 4-6, 6-4, 6-3, 4-5 (40-30), susp., rain.

Richard Gasquet (17), France, def. Santiago Giraldo, Colombia, 7-5, 6-3, 7-6 (3).
Ivo Karlovic, Croatia, leads Janko Tipsarevic (23), Serbia, 1-0 (0-15), (susp., rain).
Juan Martin del Potro (24), Argentina, leads Flavio Cipolla, Italy, 6-1, 1-3 (susp., rain).
Juan Ignacio Chela (25), Argentina, leads Marinko Matosevic, Australia, 6-4, 6-4, 6-7 (6), 3-1 (susp., rain).

Ivan Ljubicic, Croatia, leads Marin Cilic (27), Croatia, 7-6 (2), 3-6, 2-1, susp., rain.
Rainer Schuettler, Germany, def. Thomaz Bellucci (30), Brazil, 7-6 (3), 6-4, 6-2.
Milos Raonic (31), Thornhill, Ont., def. Marc Gicquel, France, 6-3, 7-6 (3), 6-3.
Feliciano Lopez, Spain, def. Michael Berrer, Germany, 6-4, 7-5, 6-3.
Grega Zemlja, Slovenia, def. Lukas Lacko, Slovakia, 6-4, 3-6, 7-6 (8), 6-4.

Denis Istomin, Uzbekistan, def. Philipp Kohlschreiber, Germany, 4-6, 6-3, 6-3, 6-3.
Alex Bogomolov Jr., U.S., def. Donald Young, U.S., 7-5, 4-6, 6-3, 6-1.
Gilles Muller, Luxembourg, def. Tommy Haas, Germany, 7-6 (5), 7-6 (3), 3-6, 6-3.

Ryan Sweeting, U.S., def. Pablo Andujar, Spain, 3-6, 4-6, 6-1, 7-6 (1), 6-1.
Igor Kunitsyn, Russia, def. Igor Sijsling, Netherlands, 6-3, 6-4, 6-2.

Simone Bolelli, Italy, def. Martin Fischer, Austria, 7-5, 6-4, 6-4.
Julien Benneteau, France, def. Ruben Bemelmans, Belgium, 4-6, 6-2, 3-6, 4-6, 6-1.

Dudi Sela, Israel, def. Frederico Gil, Portugal, 6-4, 6-1, 6-4.
Victor Hanescu, Romania, leads Jaroslav Pospisil, Czech Republic, 6-4, 2-1 (susp., rain).

Sergiy Stakhovsky, Ukraine, leads Daniel Cox, Britain, 6-2, 0-1 (susp., rain).
Lukasz Kubot, Poland, leads Arnaud Clement, France, 5-4 (15-15) (susp., rain).

Robin Haase, Netherlands, leads Pere Riba, Spain, 5-4 (30-15) (susp., rain).

WOMEN

Singles — First Round

Vera Zvonareva (2), Russia, def. Alison Riske, U.S., 6-0, 3-6, 6-3.
Victoria Azarenka (4), Belarus, leads Magdalena Rybarikova, Slovakia, 6-4, 3-2 (30-40) (susp., rain).

Francesca Schiavone (6), Italy, def. Jelena Dokic, Australia, 6-4, 1-6, 6-3.
Svetlana Kuznetsova (12), Russia, def. Zhang Shuai, China, 3-6, 6-3, 6-4.
Sara Errani, Italy, def. Kaia Kanepi (17), Esto-

nia, 6-1, 6-4.
Yanina Wickmayer (19), Belgium, def. Varvara Lepchenko, U.S., 7-5, 6-3.
Ksenia Pervak, Russia, def. Shahar Peer (22), Israel, 5-7, 6-4, 6-4.
Venus Williams (23), U.S., def. Agul Amanmuradova, Uzbekistan, 6-3, 6-1.
Christina McHale, U.S., def. Ekaterina Makarova (28), Russia, 2-6, 6-1, 8-6.
Kimiko Date-Krumm, Japan, def. Katie O'Brien, Britain, 6-0, 7-5.
Elena Vesnina, Russia, def. Laura Pous-Tio, Spain, 6-4, 6-3.
Anna Tatishvili, Georgia, def. Anastasia Pivovarovna, Russia, 3-6, 6-2, 6-3.
Pauline Parmentier, France, def. Sorana Cirstea, Romania, 6-1, 6-3.
Alexandra Dulgheru, Romania, def. Jill Craybas, U.S., 6-2, 6-4.
Monica Niculescu, Romania, def. Sybille Bammer, Austria, 6-1, 6-1.
Kateryna Bondarenko, Ukraine, leads Alize Cornet, France, 7-5 (susp., rain).
Tamira Paszek, Austria, leads Ayumi Morita, Japan, 5-7, 6-2, 2-0 (susp., rain).
Sandra Zahlavova, Czech Republic, leads Iveta Benesova, Czech Republic, 2-1 (40-30) (susp., rain).

SHOW COURT SCHEDULES

TODAY

Play begins on Centre Court and No. 1 Court at 8 a.m. ET; all other courts at 7 a.m. ET

CENTRE COURT

Aravane Rezaï, France, vs. Serena Williams (7), U.S.

Mikhail Kukushkin, Kazakhstan, vs. Roger Federer (3), Switzerland

Jeremy Chardy, France, vs. Novak Djokovic (2), Serbia

NO. 1 COURT

Andreas Beck, Germany, vs. Andy Roddick (8), U.S.

Caroline Wozniacki (1), Denmark, vs. Arantxa Parra Santonja, Spain

Robin Soderling (5), Sweden, vs. Philipp Petzschner, Germany

NO. 2 COURT

Radek Stepanek, Czech Republic, vs. Fernando Verdasco (21), Spain

Victoria Azarenka (4), Belarus, vs. Magdalena Rybarikova, Slovakia, comp. of susp. match

James Ward, Britain, vs. Michael Llodra (19), France

Li Na (3), China, vs. Alla Kudryavtseva, Russia

Jelena Jankovic (15), Serbia, vs. Maria Jose Martinez Sanchez, Spain

Ivan Ljubicic, Croatia, vs. Marin Cilic (27), Croatia, comp. of susp. match

David Ferrer (7), Spain, vs. Benoit Paire, France

John Isner, U.S., vs. Nicolas Mahut, France

Mathilde Johansson, France, vs. Heather Watson, Britain

COURT TBA

Not before Noon EDT: Anna Chakvetadze, Russia, vs. Maria Sharapova (5), Russia

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through June 19

1. Carl Edwards, 532; 2. Kevin Harvick, 512; 3. Dale Earnhardt Jr., 505; 4. Kyle Busch, 503; 5. Jimmie Johnson, 506; 6. (tie), Matt Kenseth and Kurt Busch, 491; 8. Ryan Newman, 456; 9. (tie), Denny Hamlin and Clint Bowyer, 455.
11. Tony Stewart, 454; 12. Jeff Gordon, 438; 13. Greg Biffle, 425; 14. Mark Martin, 418; 15. Juan Pablo Montoya, 409; 16. Paul Menard, 402; 17. A.J. Allmendinger, 402; 18. David Ragan, 395; 19. Kasey Kahne, 387; 20. Martin Truex Jr., 376.

GOLF

PGA FEDEXCUP LEADERS

Through June 19

	Points	Money
1. Luke Donald	1,455	\$3,550,248
2. Bubba Watson	1,417	\$2,990,350
3. Mark Wilson	1,321	\$2,690,688
4. Matt Kuchar	1,306	\$2,878,861
5. Phil Mickelson	1,261	\$2,496,784
6. Nick Watney	1,241	\$2,960,733
7. K.J. Choi	1,236	\$2,996,104
8. David Toms	1,229	\$2,842,215
9. Gary Woodland	1,215	\$2,363,652
10. Steve Stricker	1,173	\$2,561,139
11. Jonathan Byrd	1,154	\$2,358,204
12. Brandt Snedeker	1,148	\$2,345,970
13. Jason Day	1,141	\$2,720,362
14. Rory Sabbatini	1,137	\$2,200,867
15. Martin Laird	1,129	\$2,314,996
16. Webb Simpson	1,093	\$2,174,392
17. Aaron Baddeley	1,069	\$2,283,423
18. Hunter Mahan	1,008	\$2,121,242
19. Charl Schwartzel	980	\$2,080,921
20. Bill Haas	911	\$1,695,915
21. Dustin Johnson	900	\$1,947,228
22. Keegan Bradley	885	\$1,809,388
23. Steve Marino	881	\$1,739,966
24. Jhonattan Vegas	853	\$1,530,336
25. D.A. Points	853	\$1,683,006
26. Ryan Palmer	815	\$1,614,010
27. Jason Dufner	813	\$1,676,060
28. Spencer Levin	794	\$1,586,068
29. Vijay Singh	775	\$1,513,290
30. Y.E. Yang	728	\$1,587,837
31. Brendan Steele	699	\$1,347,604
32. Lucas Glover	699	\$1,377,188
33. Brandt Jobe	693	\$1,238,790
34. Justin Rose	680	\$1,342,182
35. Charles Howell III	663	\$1,213,495
36. Tommy Gainey	650	\$1,263,237
37. Kevin Na	649	\$1,233,265
38. Charley Hoffman	648	\$1,053,358
39. Robert Garrigus	629	\$1,315,557
40. Harrison Frazar	624	\$1,192,489
41. Fredrik Jacobson	612	\$946,682
42. Robert Karlsson	609	\$1,184,755
43. Bo Van Pelt	608	\$1,225,245
44. J.B. Holmes	607	\$1,367,746
45. John Senden	607	\$966,820
46. Brian Gay	600	\$999,066
47. Zach Johnson	595	\$1,085,196
48. Rickie Fowler	548	\$875,545
49. Charlie Wi	528	\$968,001
50. Chris Kirk	527	\$863,109
51. Jimmy Walker	506	\$883,895
52. Robert Allenby	501	\$894,412
53. J.J. Henry	498	\$729,042
54. Stewart Cink	493	\$809,028
55. Ryan Moore	492	\$922,440
56. Adam Scott	492	\$1,156,153
57. Brendon de Jonge	492	\$644,788
58. Marc Leishman	485	\$772,767
59. Ryuji Imada	481	\$987,505
60. Graeme McDowell	479	\$987,558
61. Kevin Chappell	476	\$1,008,960
62. Sergio Garcia	471	\$903,091
63. Pat Perez	468	\$850,388
64. Ricky Barnes	466	\$816,970
65. Carl Pettersson	460	\$811,728
66. Paul Goydos	460	\$1,087,356
67. Jim Furyk	456	\$769,757
68. Brian Davis	451	\$613,716
69. Chris Couch	445	\$725,176
70. Ben Crane	441	\$757,891
71. Jerry Kelly	440	\$740,876
72. Troy Matteson	439	\$761,516
73. Michael Bradley	437	\$806,115
74. The Hurricane Wagner	424	\$873,788
75. Jeff Overton	415	\$717,700

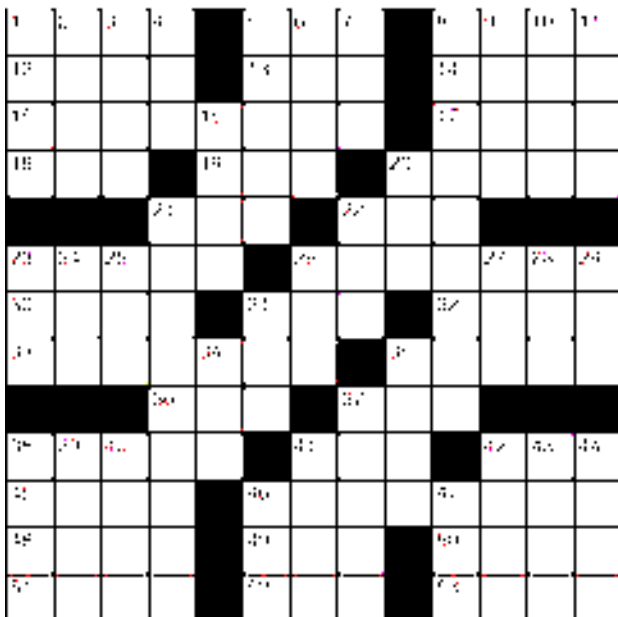
Crossword

Across

- 1 Church section
- 5 Spring time
- 8 Lather
- 12 Colt or filly
- 13 Have bills
- 14 Lecher's look
- 15 One's hands and knees
- 17 Incite
- 18 Deterioration
- 19 Use a crowbar
- 20 Enthusiast (slang)
- 21 Play on words
- 22 Greyhound vehicle
- 23 Old tape-recorder parts
- 26 Surgical gripper
- 30 Beige
- 31 Toupee
- 32 Aware of
- 33 "Howards End" author
- 35 Fantastic
- 36 Watch chain
- 37 Caviar, essentially
- 38 Fake drake
- 41 Coffee, slangily
- 42 Recede
- 45 Obama birthplace
- 46 Top-rated
- 48 Despot
- 49 Hosp. hook-ups
- 50 Farm fraction
- 51 Collections
- 52 Spelling contest
- 53 "That's a relief!"

Down

- 1 Somewhere out there
- 2 Horseback game
- 3 Sodium chloride
- 4 Sprite



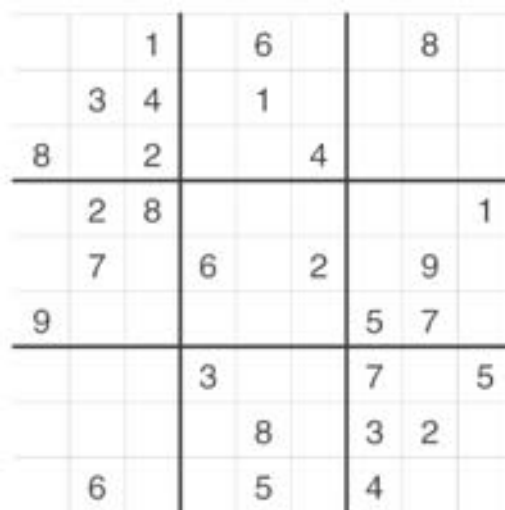
- 5 Grieve
- 6 Twisted
- 7 Affirmative
- 8 Eighty
- 9 Shrek, for one
- 10 Plankton component
- 11 Timid
- 16 Piece of work
- 20 Bear hair
- 21 Style of knickers
- 22 Cranberry territory
- 23 Ump
- 24 Environmentally friendly
- 25 Blunder
- 26 Evergreen type
- 27 Compass dir.
- 28 Sch. org.
- 29 Drunkard
- 31 "Charlotte's —"
- 34 Plaything
- 35 No stay-at-home
- 37 Stir up
- 38 They may be connected
- 39 Relaxation
- 40 Fireside occurrence
- 41 Jupiter's alias
- 42 Impress deeply

- 43 Exposed
- 44 Cauldron contents
- 46 White lie
- 47 Witnessed

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Andy
I love the way you kiss me I
love the way we will always
be I love the way you smile
The distance between us is
never but a mile I love the
way you hold me My dad he
already told me Its okay to
marry you I can't wait till
that day comes true for
Andy I really truly honestly
love you XOXO Kiss Kiss
YOUR PRINCESSLITTLEBOOTS
XOXO

JDNR
"YOUR LIPS ARE SOOOO
MMMMMMMMMMMM!!" XO
:) ALG

Mark T
My darling Mark, I am so
happy I found someone as
loving, caring, and wonder-
ful as you. We both know
we're stuck with each other.
I can't wait wait for next
year. I love you, xoxo.

DOROTA

A look at the weather

- TODAY** Min 8° Max 22°
WEDNESDAY Min 11° Max 24°
THURSDAY Min 10° Max 20°

Andrew Schultz,
Meteorologist

"I get to spread the word
on how your day, evening
or weekend will shape up with
our ever-changing weather here
in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 It's an excellent time to be on the move. There's no fun in slowing down.

♉ **Taurus** April 21-May 21 You may be doing OK financially at the moment but don't take your good luck for granted.

♊ **Gemini** May 22-June 21 You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!

♋ **Cancer** June 22-July 22 No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

♌ **Leo** July 23-Aug. 23 Why put yourself to the test when you don't have to? Enlist the aid of friends.

♍ **Virgo** Aug. 24-Sept. 22 If you have not yet reached the place you want to be professionally, it's only a matter of time.

♎ **Libra** Sept. 23-Oct. 23 The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.

♏ **Scorpio** Oct. 24-Nov. 22 No doubt you have many plans, but first you need to make peace with someone you've fallen out with.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 Mars in your opposite sign can make you a bit too aggressive in some people's eyes.

♑ **Capricorn** Dec. 22-Jan. 20 Relationships are about to take center stage. Always accept there are two sides to every story.

♒ **Aquarius** Jan. 21-Feb. 18 You will start something new today and it will be a huge success.

♓ **Pisces** Feb. 19-March 20. You need to deal with a family issue that is causing grief. It's time to get tough. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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